



What is a Meal? A minimum of 3 of the 5 components
At least 1/2 cup serving of fruit or vegetable must be selected to make a meal

What is a Component?

Meat or Meat Alternate
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk
(Skim, 1% white, and fat-free chocolate)

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, 100% fruit juice

Grill Selections May Include:

Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets, Grilled Cheese

Deli Selections May Include:

Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbread

Pizza Selections May Include:

Cheese, Pepperoni, Buffalo Chicken Pizza, Stuffed Crust Pizza

Fresh Salads May Include:

Chicken Caesar
Chopped Garden



Lunch Prices:

Student \$2.05
Reduced \$4.00
Adult \$3.05

Heather Reimer

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
Cafeteria Staff Needed Weekends, Holidays and Summer off! For more information call: Andrea Seasack (814) 505-1512		Nutritious Friend Of the Month is.....		1 NO SCHOOL SECONDARY CONFERENCE
4 Parmesan Popcorn Chicken Breadstick Steamed Corn Baby Carrots Choice of Fruit Choice of Milk	5 Crunchy Tacos Cheesy Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	6 Fish & Chips Dinner Roll French Fries Coleslaw Choice of Fruit Choice of Milk	7 Pasta with Meat Sauce Breadstick Green Beans Romaine Salad Choice of Fruit Choice of Milk	8 Italian Dunkers with Sauce Green Peas Red Pepper Strips Choice of Fruit Choice of Milk
11 Meatball and Cheese Hoagie Steamed Corn Italian Salad Choice of Fruit Choice of Milk	12 General Tso's Chicken with Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	13 Walking Taco Mexican Rice Baked Beans Baby Carrots Choice of Fruit Choice of Milk	14 Corn Dog French Fries Green Beans Choice of Fruit Choice of Milk	15 Cheese Pizza Sticks with Sauce Steamed Carrots Green Peas Choice of Fruit Choice of Milk
18 Hot Ham and Cheese on Pretzel Roll Green Beans Baby Carrots Choice of Fruit Choice of Milk	19 Cheese Steak Hoagie Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk	20 Rodeo Burger French Fries Celery Sticks Choice of Fruit Choice of Milk	21  Chicken & Waffles Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk First Day of Spring	22 Toasted Cheese with Tomato Soup Glazed Carrots Cesar Salad Choice of Fruit Choice of Milk
25 Parmesan Popcorn Chicken Breadstick Green Beans Baby Carrots Choice of Fruit Choice of Milk	26 Soft Tacos Cheesy Refried Beans Steamed Carrots Choice of Fruit Choice of Milk	27 Chicken Mashed Potato Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	28 Pasta & Meatballs Green Peas Italian Salad Choice of Fruit Choice of Milk	29 Cheese Pizza Sticks with Sauce Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk